



XCHANGE
盛食當灶
SOCIAL GASTRONOMY

油街實現 Oi!

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由油街實現籌劃的「**盛食當灶**」
提倡以設計引發日常生活
的改變和實踐創新。

Organized by Oil, **XCHANGE: Social Gastronomy**
aims to encourage changes in
everyday lives and innovative practices
with the aid of design.







「盛食當灶」是以創新角度切入日常生活的實驗性項目，通過交換的理念讓社群認識和討論社區廚餘問題，透過設計引發改變和實踐創新，及舉辦一系列的活動讓社區體驗綠食生活。面對每天3,600噸廚餘的挑戰，我們嘗試延續綠食精神，並集合社會年青力量，結合「剩食」與「當造」，把時令剩餘物資轉化為盛宴，用美食引起社會關注。

XCHANGE: Social Gastronomy is an experimental project that explores everyday life from a fresh perspective. It allows the community to learn about and discuss the food waste problems in the society and thus to initiate changes and new practices with the aid of design. Our programme invites the community to experience green living through a series of activities and setting an example of food upcycling. By turning leftovers and seasonal ingredients into mouth-watering dishes, it sets out to raise people's awareness of the daily challenge from 3,600 tons of food waste Hong Kong is facing and extends the spirit of green eating. More importantly, the project leverages the power of youth to explore the intriguing relationships between food and the society.



交換廚房

KIT-CHEN XCHANGE

為鼓勵大家分享及善用生活資源，建立可持續的社區生態，公眾可於開放時間內帶同家中剩餘的新鮮蔬果食材到油街實現，交換一杯我們為您預備的特製飲品。收集得來的食材將用於「盛食當灶」的活動，風乾保存待用，或以平等分享行動轉贈到有需要的朋友手上。

To encourage sharing and better use of resources in order to construct a sustainable ecology in the community, participants are welcome to bring along from your kitchen fresh ingredients in exchange for a signature drink. The collected ingredients will be used in other activities, be preserved for making the signature drink, or distributed to those in need through Fair Share Actions.

* 每日可供交換的飲品、食物數量有限，換完即止。

* Food and drinks are available while stock lasts.

一時入席 TABLE FOR U

逢星期三至日下午1:00

結合設計與烹飪，煮持人何Lili會把收集所得的當造剩材轉化成一頓午膳與大家分享，一邊品嚐時令好味道，一邊分享生活體驗。請帶同一人份量之新鮮食材參加，以作交換。公眾可親身前往盛食當灶，或於Facebook inbox留言查詢或預約。

Every Wednesday to Sunday at 1:00pm

Coupling design and cookery, the Host Lili Ho will prepare lunch with the collected seasonal ingredients. All are welcome to bring along a portion of fresh ingredients from your kitchen in exchange for an enjoyable time with a refreshing meal and living experience sharing. Please register in person at XCHANGE: Social Gastronomy or through Facebook inbox message.

* 每日可供交換的飲品、食物數量有限，換完即止。

* Food and drinks are available while stock lasts.

週末靚湯 BEAUTY SOUP

逢星期六下午我們以創意巧手把收集得來的剩餘瓜菜烹調成營養湯品或糖水，希望靚湯能令大家由內靚到外！歡迎帶同剩餘乾貨，或私房湯品食譜交換靚湯。湯品數量有限，換完即止。

'Beauty Soup' will be ready every Saturday afternoon with delicious soup or dessert transformed from collected ingredients to nourish you inside out! All are welcome to bring along excess dried ingredient or private soup recipes in exchange for our 'Beauty Soup'. Available on a first-come first-served basis, while stock lasts.



生活「肌」本 BACK TO BASIC

逢星期三下午6:30-7:30

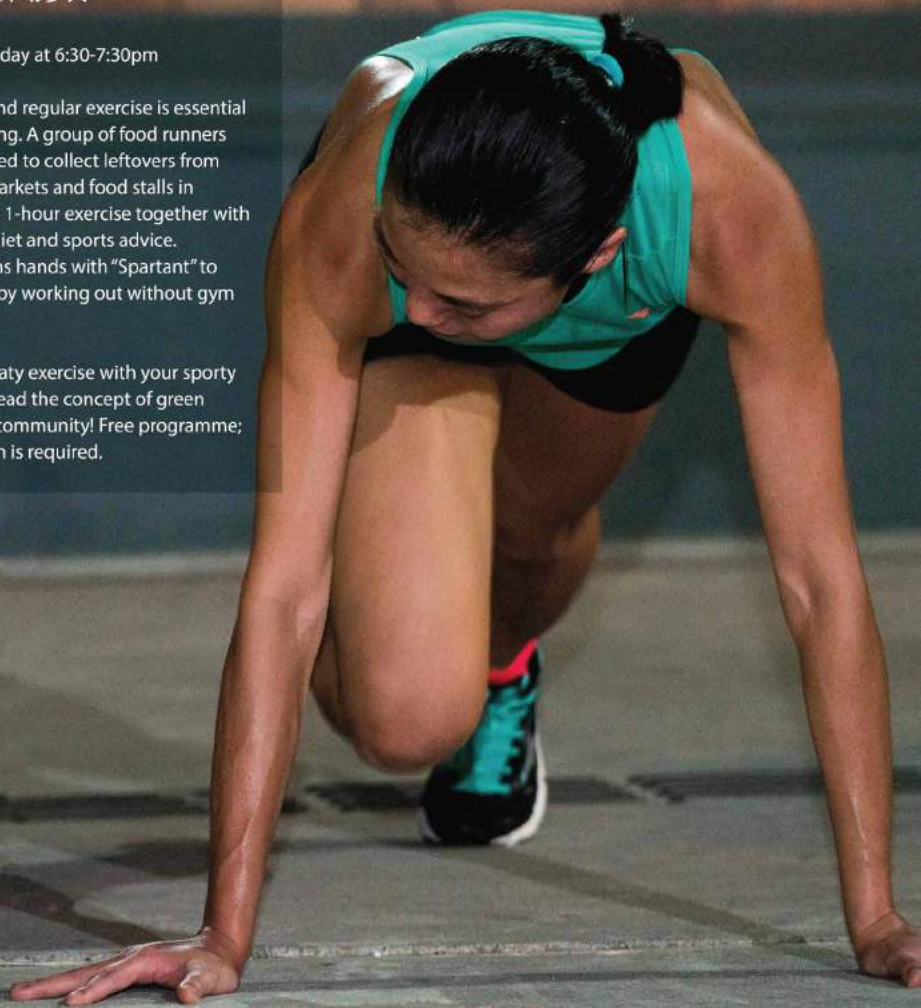
飲食與運動是健康生活基本之道。我們現正招募熱愛綠食生活的朋友，以汗水及行動交換專業飲食與鍛鍊貼士。「盛食當灶」伙拍街頭健身組織「肌本野」一起重新還原生活「肌」本，穿梭北角街市小店收集剩餘食材之餘，就地取材學習無須器械的街頭健身。

歡迎你穿著運動服加入與我們一同鍛鍊身體，把綠食生活散發社區，免費活動，歡迎即場參與。

Every Wednesday at 6:30-7:30pm

Eating right and regular exercise is essential to healthy living. A group of food runners will be recruited to collect leftovers from nearby wet markets and food stalls in exchange of a 1-hour exercise together with professional diet and sports advice. XCHANGE joins hands with "Spartant" to back to basic by working out without gym machine.

Join us in sweaty exercise with your sporty outfit and spread the concept of green eating in the community! Free programme; no registration is required.



音樂餐桌

MUSIC TABLE

八月三、十七及三十一日（星期五）

下午5:00 - 6:30

發揮創意，餐、廚具也可成為愜意樂器！「音樂餐桌」工作坊，請來資深音樂人丁龔靈帶領觀眾把有餘的杯碗盤變成敲擊樂器，奏出悅耳的樂曲。免費活動，請帶同一人份量之新鮮食材參加，以作交換。報名詳情請瀏覽臉書專頁。

3, 17 & 31 August at 5:00-6:30pm (Friday)

With creativity, leftover kitchenware could be turned into practical music instruments! Leading by experienced musician Erikson Ting, participants will use cups or dishes as percussion to play melody of music pieces. Free Programme. In exchange, please bring along a portion of fresh ingredient from your kitchen. For registration, please visit our Facebook page.

「食完唱」

TALENT @ LUNCH TABLE

煮持人何 Lili 每月將邀請本地樂團或音樂人參與一時入席，以音樂才能交換午膳，讓樂章結合美食擦出火花。歡迎公眾到「盛食當灶」欣賞演出。確實日期將於臉書專頁內公佈。

Lili Ho, the Host of 'Table for U', will invite local band or musicians as guest of 'Table for U' every month. Musicians will use their talent for exchanging and igniting the sparkle between music and food. All are welcome to enjoy their live acoustic at XCHANGE. Exact dates to be announced on Facebook.

